

WINNIPEG metro®

NEWS
WORTH
SHARING.




**AIR CONDITIONING
TUNE UP \$99.95***



ONTIME 635 Ferry Rd. www.ontimegroup.ca
Electric • Plumbing • Heat & Air
* Some conditions apply. Plus applicable taxes. BBB
It's time to call 204-774-1474

Bridging the work gap

Funding to help close qualification hole for newcomers

PAGE 2

Shopaholics offer boost

Canadian consumers trigger a stunning jump in retail sales

PAGE 7

**INSTALL A NEW FURNACE/AC UNIT
WITHOUT PAYING MORE - PAY AS YOU SAVE**
Guaranteed lowest price in Winnipeg for
World's Best 
**A/C or Furnace
UP TO
\$5000
CASH BACK
TOWARDS
FINANCING**



**NO INTEREST
NO PAYMENTS**
FOR UP TO 1 YEAR (O.A.C.)

**DON'T
WAIT!**

Call Us Now!
204-951-3073
1-888-829-1875
constanthomecomfort@live.com 1123 Empress Street

Royal birth — Day 2. Couple still deciding on name for newest royal

A beaming Prince William and his wife, Kate, emerged from a London hospital on Tuesday with their newborn baby boy, presenting the world with a first glimpse of the prince who is third in line to the throne.

The royal couple, both 31, looked happy and relaxed as they waved at the crowds of journalists and onlookers gathered outside London's St. Mary's Hospital, posing for photographs and joking with reporters.

Kate, wearing a baby-blue polka-dot Jenny Packham dress, smiled and waved as she stepped out from the hospital doors with the future monarch in her arms.

"It's very emotional. It's such a special time. I think any parent will know what this feeling feels like," she told journalists.

Kate then gave the baby to her husband, who, cradling their child, said: "He's got her looks, thankfully. He's got a good pair of lungs on him, that's for sure."

William laughed when a reporter asked him about the baby's hair.

"He's got way more than me, thank God," he said.

The couple also revealed that William has had a go at



World's first glimpse of the little prince

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

changing the infant's first diaper. "He's very good at it," Kate said.

The new parents drew whoops and applause from well-wishers as they revealed the newest member of Britain's royal family. William said they're still trying to decide what to name the little prince.

The couple re-entered the hospital to place the child in a car seat before re-emerging to get into an SUV. Palace officials said they will head to an apartment in Kensington Palace and spend the night there.

The young family's first public appearance together has been the moment that the

world's media and crowds of onlookers camped outside the hospital had long been waiting for, and the photographs snapped Tuesday are likely to be reprinted for decades as the baby grows into adulthood and his role as a future king.

**THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 5**

Can you spot the homage?



Kate and the late Princess Diana looked lovely in similar polka-dot dresses, which they both wore the first time they showed their offspring to the world, 31 years apart. Kate's flowy baby-blue number appears to have been a tribute to Diana. **METRO**



WINNIPEG, THE CHOICE IS CLEAR.

For expert laser vision correction at the lowest prices, guaranteed, Winnipeg looks to LASIK MD.



Starting at \$490 per eye*
Book a free consultation at
1-855-894-2020 or lasikmd.com

LASIK MD
VISION

Commodity Exchange Tower, 20th floor

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Processing fees. 'Premium' credit cards ruling a let down for small biz: CFIB

Manitoba's small businesses are being dealt another blow with a landmark ruling in favour of major credit card companies Visa and MasterCard, says a small business advocate.

Janine Carmichael, the Canadian Federation of Independent Business Manitoba spokesperson, said her members are "really disappointed" that the Competition Tribunal has sided with credit card companies, which requires merchants to accept credit cards that carry higher

Quoted

"We need to do something in Canada to level the playing field."

Janine Carmichael, of the Canadian Federation of Independent Business Manitoba, on high processing fees.

processing fees, called "premium" cards.

"No matter where you look, the cost of business is going up," she said.

BERNICE PONTANILLA/METRO

Phoenix Sinclair. Family services has improved since murder of girl: Authorities

One of Manitoba's largest child-welfare authorities says changes in the eight years since the torturous abuse and murder of a five-year-old girl have made the province's protection system one of the best in Canada.

In its written closing submissions to an inquiry looking into the 2005 death of Phoenix Sinclair, the General Child and Family Services Authority says there were six extensive reviews and countless recommendations made after the lit-

tle girl was killed by her mother and the woman's boyfriend.

The authority says there are fewer kids coming into care now and it is far less likely for such a tragedy to occur again.

Provincial funding for child welfare has tripled between 2002 and 2012 — to \$423 million from \$165 million — the province says. Federal funding has also jumped to \$124 million from \$50 million. The number of frontline workers has increased by 30 per cent.

THE CANADIAN PRESS

Paddle with a Purpose. Man to cross Lake Winnipeg

A Grand Marais schoolteacher will take to the waves of Lake Winnipeg Saturday in a bid to raise money and awareness for the Lake Winnipeg Foundation by making his way across the world's tenth largest freshwater lake on a stand up paddleboard.

Jay Hawranik will set out from Gimli at 9 a.m. on July 27, and spend the next four to six hours paddling close to 30 kilometers until he reaches Grand Beach's West Lagoon. He's calling his trek "Paddle with a Purpose."

"About a year ago I came up with the idea of paddling across the lake, just for the sake of doing it, but then it was in the winter I read that Lake Winnipeg is basically the most threatened lake in the world," Hawranik explained. "I'm on the water almost every day when the lake is open, so I've seen the changes that have been happening to the water and the shoreline, and I thought that I should really do something, so I contacted the Lake Winnipeg Foundation."

Earlier this year, Lake Winnipeg was awarded the dubious distinction of "Threatened Lake of 2013" by the Global Nature Fund, and Hawranik says he hopes that his event will help in whatever way it can to bring about changes to the state of the lake.

Paddle with a Purpose is just one of a number of events being held as part of the Lake Winnipeg Foundation's "Lake-a-thon" fundraiser this summer. To donate to Hawranik's cause, you can contact him at hawranikj@gmail.com, or visit walkforwater.ca to learn more about the LWF's fundraising initiatives. JOHN TOWNS/FOR METRO

Living the Canadian dream might happen a bit faster

Foreign credentials. Province earmarks new funding to bridge qualification gap



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Allowing new immigrants to more quickly return to the workforce in the area they studied is behind a new \$1.4 million funding announcement by the Manitoba government.

The \$1.4 million, which will be spread over two years, will fund pilot programs geared towards getting newcomers' professional qualifications recognized more quickly.

"We know we have a skilled trades shortage in some areas," said Advanced Education and Literacy Minister Erin Selby.

"It's sometimes as simple as a couple of courses, it may

be upgrading some English skills, it could be meeting the demands of what the specific trade asks for here, but it means that we get people into the labour market, into jobs that we know are necessary to fill for the economy to keep going forward."

Selby said Manitoba is currently competing with Alberta and Saskatchewan for skilled labour, so getting newcomers back in their fields of study benefits the province.

Maples MLA Mohinder Saran said when he came to Manitoba in the 1970s, he saw how many educated immigrants were forced to take on work in factories and drive taxis in order to make ends meet.

"They never dared to go back (to school) because they'd already spent four or five years of training, then they had to start all over again," he said.

"That's why so many were discouraged and kind of depressed too ... Now in this way, they'll be able to fulfill their dreams."



Minister Erin Selby, with Maples MLA Mohinder Saran, said new funding geared toward foreign credentials will see newcomers in the workforce more quickly. BERNICE PONTANILLA/METRO

L.A. import

Get ready to get 'fat', Winnipeg

Anyone looking for an alternative to meatballs during their next shopping trip to IKEA can rejoice — a burger joint new to Manitoba is set to open near the popular destination at the Seasons of Tuxedo shopping centre.

Fatburger will begin

flipping their never-frozen, fresh-pressed, and cooked to order burgers next to the Swedish furniture giant early next month.

Founded in Los Angeles in 1952, the Fatburger chain has grown to more than 125 restaurants in 27 countries, including 30 in Canada.

Winnipeg's 1,700-square-foot location will serve up AAA Canadian Alberta beef burgers, as well as turkey burgers, veggie burgers, milk shakes, mini



A Fatburger is set to open next to IKEA. CONTRIBUTED

donuts and more.

The restaurant will also be licensed. METRO

Second quarter

WAA revenue taking off, despite fewer passengers

Fewer people are flying, but the Winnipeg Airports Authority (WAA) was still able to increase their revenue during their second quarter this year, according to numbers released Tuesday.

The WAA's second quar-

ter results showed passenger traffic at Winnipeg James Armstrong Richardson International Airport dropped off to the tune of 2 per cent over the second quarter, yet revenue rose \$2.2 million to \$23.1 million over that same time.

"The Canadian domestic market continues to experience strong capacity discipline on the part of the major national carriers," said Barry Rempel, president and CEO of the WAA in a release. METRO

Winnipeg on shoulder pads. Classic '80s flicks coming to downtown park

Downtown Winnipeg BIZ is bringing the silver screen to our city's downtown.

The BIZ is once again screening outdoor movies for free this summer on a giant 40-foot screen set up at Memorial Park.

"Memorial Park, one of downtown's most cherished green spaces, is ready for its close-up," said Stefano Grande, executive director of the Downtown BIZ. "What better way to spend an evening downtown than with friends and family on a blanket watching a great film and enjoying live entertainment? And with the beautiful backdrop of the Legislative Building and the Golden Boy, it doesn't get any better than that."

Six '80s classics, including Ghostbusters, Ferris Bueller's Day Off, The Breakfast Club, Pretty in Pink, The Great Out-



Take a Ferris Bueller's Day Off and check out Memorial Park in August for some classic '80s flicks. HANDOUT

doors, and Planes, Trains and Automobiles are part of this year's Movies on Memorial.

The films are scheduled to run every Tuesday in August at dusk following pre-movie activities that begin at 7 p.m.

For details, go to downtownwinnipegbiz.com. **METRO**

Time for name change? Fringe breaks sales record

Winnipeg seemed to be all about the F word over the weekend, with record numbers taking in the Fringe Festival.

Organizers of the theatre fest said 10,205 tickets were sold this past Saturday, which is the first time the Fringe has sold 10,000 tickets in a single day.

Also, the attendance figure for the first five days of the festival was 39,325 and by the end of the day Sunday, there were 59 sell-outs.

Chuck McEwen, executive producer of the festival, said they're keeping up with the numbers they recorded dur-

ing last year's 25th-anniversary festival.

"Last year was the biggest Fringe yet, so we're happy to maintain the momentum this year," he said in a press release.

"Old Market Square has been consistently full of people, and our new free Fringe Flyer shuttle bus has averaged around 300 people per night. It's great to see people getting out there and experiencing live theatre."

But the Fringe Theatre Festival isn't over yet: Plays, musical shows and concerts continue until Sunday.

Visit winnipegfringe.com for more information. **METRO**



Winnipeg Transit is being asked to look at rerouting the Spirit Bus route to include a large grocery store. SHANE GIBSON/METRO

Councillors push to reroute bus

Where's the beef stop? Inclusion of grocery store on free route would be temporary measure, says Coun. Gerbasi



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Two city councillors are proposing a route change to the free downtown Winnipeg Transit bus to give passengers the chance to stock up on

fruits, veggies and other grocery items.

Jenny Gerbasi and Harvey Smith put forward a motion at the July 17 city council meeting to reroute the free Spirit Bus "to a grocery facility near the downtown to provide access to a larger grocery store for downtown residents."

Gerbasi said the route change would be a temporary one, until a grocery store returns to the downtown area and fills the void left by the closure of the store in the basement of The Bay.

"We're asking Transit to consider this as a temporary

measure," she said, adding the motion now goes to the infrastructure renewal and public works committee. She expects a decision later in the fall.

Smith said downtown residents have expressed frustration since The Bay's grocery store closed down.

Gerbasi would not say which grocery store would be her preference; instead she prefers to let Winnipeg Transit make that decision.

Smith said he believes the closest store to the current downtown Spirit Bus route is the Safeway in Osborne Village.

Nos. 1, 2 and 3

Winnipeg Transit has three Spirit Bus routes.

- The first two loop to connect The Forks to the Manitoba legislature, University of Winnipeg and Portage Place.
- The No. 3 connects the University of Winnipeg to city hall, north to Higgins and Logan avenues and along Main Street to the Centennial Concert Hall.

Tetyana
Legal Assistant Student

Earn Your Legal Assistant Diploma in Less Than 1 Year

HERZING COLLEGE

204 775 8175

Call us today and start your new career now!

723 Portage Avenue www.herzing.ca/winnipeg

► Give your
paycheque
a paycheque.

Get a \$100 Bonus*
when you open a
THRIVE Chequing™
Account and switch
your payroll.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license.™ THRIVE Chequing and forward banking are trademarks of ING Bank of Canada. * Payroll must be deposited into a THRIVE Chequing Account between June 1, 2013 and September 30, 2013. Limit of one (1) bonus per Account, per Client. Offer available to new ING DIRECT Clients only. Chequing Account rates are annualized and are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly in the case of our Chequing Accounts.



A child poses for a photo in a Gypsy camp in Wissous, outside Paris, in August 2012. JACQUES BRINON/THE ASSOCIATED PRESS

‘Maybe Hitler didn’t kill enough of them’

France. Lawmaker on defensive after comment about Gypsies made public

A French lawmaker is defending himself against accusations that he told a group of Gypsies he wished the Nazis had killed more members of the minority during the Second World War.

Gilles Bourdouleix, a member of parliament and

mayor for the town of Cholet near Nantes, had a confrontation with Gypsies on Sunday, when he visited a field owned by the town where Gypsies are illegally living in caravans. He asked them to leave.

The *Courrier de l'Ouest* newspaper, which had a journalist at the scene, reported that some of the Gypsies made Nazi salutes at Bourdouleix and that he responded by saying: “Maybe Hitler didn’t kill enough of them.” On Monday, the paper released a recording on its website on

A painful history

Europe’s Gypsies were persecuted and deported to concentration and death camps by the Nazis during the Second World War.

which the lawmaker can be heard saying that.

On Tuesday, Bourdouleix told the French TV station *ITTELE* that he was merely repeating a statement the journalist had made. **THE ASSOCIATED PRESS**

Alleged torture

Dutch court blocks extradition to U.S. of terror suspect

Dutch judges blocked the extradition Tuesday of a terror suspect to the United States, saying he was tortured in Pakistan after his 2010 arrest and it is unclear whether American authorities had any involvement.

The Hague Court of Appeal ruling was a significant victory for the man identified only as Sabir K. in his attempts to avoid being sent for trial in America, but Dutch authorities can still launch a final appeal to the country’s Supreme Court. **THE ASSOCIATED PRESS**



On the hunt for Nazis

A placard reading “Operation last chance — late but not too late” is displayed in Berlin on Tuesday. With 2,000 placards in Berlin, Hamburg and Cologne, the Simon Wiesenthal Center launched another campaign to find and prosecute Nazi war criminals while they are still alive. **GERO BRELOER/THE ASSOCIATED PRESS**

Let it be free. Survivors of Lac-Mégantic disaster invited to see Sir Paul

Hearing music icon Paul McCartney play Tuesday night on Quebec City's historic Plains of Abraham is a little more special for Caroline Tremblay than the average rock fan.

Her husband was a big admirer of the former Beatle.

Tremblay's husband, Guy Bolduc, was among the dozens killed when fireballs from an exploding train devastated Lac-Mégantic's downtown and engulfed the bar where he was performing.

"He adored Mr. McCartney," Tremblay wrote in a moving

letter to promoter 3 E Event, Experience, Emotion, which offered free tickets to the musician's show for Lac-Mégantic survivors.

"You have allowed my children and me to discover the musical universe of this great artist and (a chance to) bathe in music at a party surrounded by our friends."

The free ticket idea was floated to McCartney's team by the promoter at the beginning of last week. The former Beatle's entourage quickly agreed.

THE CANADIAN PRESS

Train safety

Transport Canada toughens rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed

47 people.

Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed. THE ASSOCIATED PRESS

Will and Kate naming U.K.'s next generation

The first chapter.

British bookmakers have taken thousands of bets on the monikers George and James

Historic task

"Names do define an era."

Robert Lacey, a royal historian who has written books on Prince William's mother and grandmother

national prosperity. Victoria's reign was defined by rapid industrialization with straight-backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before the First World War in which the rigid class system came under attack.

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father Prince William, a.k.a. William Arthur Philip Louis, has four.

There may be a nod to great grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton, Kate's



Britain's Prince William, and his wife Kate, Duchess of Cambridge, hold the Prince of Cambridge, Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

father. Or King Arthur. Or a host of other dead kings.

But the first name, that has

to hit the right note. It is likely to hang around a bit.

THE ASSOCIATED PRESS

15 pieces

Legs & Thighs

Only

\$19.99

Summer
Weekend
Special

Offer Valid on
Sunday 28 July 2013 Only



1125 Main Street • 1275 Portage Avenue • 235-1485 Portage Avenue • 3651 Portage Avenue • 13-1030 Keewatin Street
2079 Pembina Highway • 16 Lakewood Boulevard • 1100 St. Mary's Road • 1651 Regent Avenue W • 1330 McPhillips Street
679 Henderson Highway • 750 Sherbrook Street • Selkirk • Brandon • Steinbach • Portage La Prairie

Senator married to child obstructs vote on age, citing Shariah law

Nigeria. Protesters demand politicians revisit amendment in order to set the age of consent at 18

Many Nigerians are enraged, wondering how a senator notorious for marrying a 14-year-old girl can use Shariah law as an excuse to filibuster a constitutional amendment that has sparked a debate on the age of consent for girls.

Since the country's secular and Islamic laws clashed in the upper house of Parliament last week, concerned citizens are using petitions, protests and social networks to demand the Senate revisit the issue.

"Every Nigerian should bow his or her head in shame because instead of crushing the head of the lustful beast that seeks to fornicate with our children, to steal their

Child brides

- Sen. Yerima is notorious for his marriage to a 14-year-old Egyptian girl in 2010, when he was 49. He had divorced a 17-year-old whom he married when she was 15, to comply with Islamic law that allows a maximum of four wives at a time.

- Nobody knows quite how many thousands of girls are forced into marriage in Nigeria — some say more than 50 per cent of girls in the Muslim north.

virtues and to destroy their future, what the Senate did the other day was to compromise with and cater for the filthy appetites and godless fantasies of a bunch of child molesters and sexual predators," Femi Fani-Kayode, a traditional chief

and former Cabinet minister, fumed in a letter to The Vanguard newspaper Monday.

The vote was on an amendment to set the age when Nigerians can renounce their citizenship, but it has wider implications because it suggests when a girl is old enough to be married.

Currently, the constitution says only that a person must be of "full age" to renounce citizenship. The Senate had voted to approve an amendment to set the age at 18, to bring the clause in line with other laws setting the age of consent for marriage and voting.

But, after the vote was counted and against Senate rules and procedures, Sen. Sani Ahmed Yerima opposed the age limit.

"By Islamic law any woman that is married, she is of age, so if you now say she is not of age then it means that you are going against Islamic law," said Yerima. **THE ASSOCIATED PRESS**



A woman protests against underage marriages in Lagos, Nigeria. Nigeria's secular and Islamic laws clashed when a senator notorious for marrying a 14-year-old filibustered a vote to amend the constitution by insisting that a girl comes of age when she marries — not at 18. SUNDAY ALAMBA/THE ASSOCIATED PRESS

More explicit photos. U.S. politician Weiner apologizes ... again

New York City mayoral candidate Anthony Weiner admitted Tuesday to sending additional explicit photos and texts to a woman he met online — correspondence she says began months after he resigned from the U.S. Congress for similar behaviour.

The allegation could test voters' willingness to forgive Weiner, who has said he spent the two years since the scandal



trying to make things right with his wife and earn redemption. **THE ASSOCIATED PRESS**

No seatbelt. Crown tosses ticket for driver with no arms, grants exemption

A seatbelt ticket given to a Saskatchewan driver with no arms has been tossed out of court.

Brent Little, a lawyer representing Steve Simonar, says the Saskatoon prosecutor's office withdrew the \$175 ticket after the province granted Simonar an exemption that allows him to drive without a belt.

Simonar, a 55-year-old

business man, has been driving modified vehicles using his feet since he lost both of his arms in 1985.

Simonar has said surprised officers who pulled him over in the past usually let him off with "have a nice day."

"Nobody ever gave me a seatbelt ticket because, you know, I can't wear one. I can't put it on," he said.

THE CANADIAN PRESS

Bambi. Manitoba changes rules after deer shot at Hutterite colony

The Manitoba government has established new rules for wildlife officers after they shot and killed a deer in front of shocked residents at a Hutterite colony.

Conservation manager Jack Harrigan says officers must consult with supervisors and can only destroy animals as a last resort.

They will also be allowed to use tranquilizer guns on deer and other animals —

previously they could only tranquilize bears.

Members of the Windy Bay Colony in Manitoba found a white-tailed fawn shortly after it was born last year, named it Bambi and raised it on fresh bread and sweet tea.

Officers determined the deer had become too habituated to be released back into the forest and they shot it on a colony street. **THE CANADIAN PRESS**

GET A TASTE OF FOLKLORAMA AT PORTAGE PLACE!

July 29-August 2

Daily performances 12pm - 1pm at Edmonton Court

www.portageplace.mb.ca

PORTAGE PLACE

'Wake-up call.' Canadian company facing lawsuits for overseas incidents

Three lawsuits against a Canadian mining company over alleged shootings and gang rapes at a Guatemalan project will be allowed to proceed in Canada following a ruling that makes it possible for firms to face liability at home for incidents that occur overseas.

Lawyers for the plaintiffs, 13 Mayan Guatemalans, said the decision is a "wake-up call" for Canadian companies about their responsibilities at

foreign mining projects.

"This step in the case uses existing legal rules that have not been applied in this way before," lawyer Murray Klippenstein said in an interview. "Companies operating abroad need to take a very, very, serious look at the possibility ... that shenanigans abroad that they thought would never result in liability may result in accountability in Canadian courts."

THE CANADIAN PRESS

Sorry, college kids. The bank of Mom and Dad is closed, try grants instead

Grants and scholarships are taking the lead in paying college bills, surpassing the traditional role parents long have played in helping foot the bills, according to a report from loan giant Sallie Mae.

College costs are driving decisions about which schools to attend, what to study once there and even where to live. While the recession has largely passed, economic worries have not, and many families are making college choices driven by fears of tuition

hikes and job losses, according to the survey.

"Parents are willing to stretch themselves," said Sarah Ducich, Sallie Mae's senior vice-president for public policy. "It's not that they're willing to pay. It's that their income is not keeping up."

College spending per student was about \$21,000 during 2012, down from a peak of \$24,000 in 2010, according to the Sallie Mae-Ipsos Public Affairs report.

THE ASSOCIATED PRESS

Shopaholics' spending shocks economists

In the mood to splurge.

Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers stunned economists that had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector boosted sales five times that (1.9 per cent) during the month to earn \$40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened," said Jimmy Jean, an economist with Desjardins Capital Markets. "Everything went right, it seems."

"We're probably seeing a



I'll take those in yellow, pink and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. KEITH BEATY/TORSTAR NEWS SERVICE FILE

little bit of catchup because since 2011 sales have been almost flat. In the first quarter we had consumer spending rising 0.9 per cent (annualized). It was one of the weakest numbers since the recession."

For the second quarter, which began in April, however, retail sales are tacking at an eight per cent clip in volume terms.

Go ahead, buy more shoes. It's apparently good for the economy

"With sales up 1.9 per cent in real terms, forecasts for May GDP will be revised higher, as will our forecast for Q2."

CIBC chief economist Avery Shenfeld, who is rarely counted among the bulls on growth, said in a note to clients.

Jean said the report puts in jeopardy the Bank of Canada's bleak expectation for a

meagre one per cent growth number in the second quarter. THE CANADIAN PRESS

Ongoing tiff

Finance minister enters credit card fees dispute

The federal finance minister is stepping into a fee dispute between Canada's merchants and the big credit card com-

panies after the Competition Tribunal sided with Visa and MasterCard in a landmark ruling.

Jim Flaherty said Tuesday that, in light of the ruling, he will convene a special meeting of the government's FinPay Committee — a consultative body on payments issues. THE CANADIAN PRESS

Expensive cities for expats

Vancouver is pricey, but it's no Luanada

A new study says Vancouver is the most expensive city in Canada, but it doesn't crack the top 10 as one of the costliest cities for expatriate employees

to be transferred to because of their jobs.

Mercer's 2013 Cost of Living Survey says the city of Luanada in Angola is the world's most expensive city for expats, followed by Moscow where a cup of coffee can cost \$8.29.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.23¢ US
(+0.56¢)

TSX
12,745.38 (-13)

OIL
\$107.23 US (+0.29¢)

Natural gas: \$3.74 US (+0.7¢)
Dow Jones: 15,567.74 (+22.19)

GOLD
\$1,334.70 US (-\$1.30)



CLEAN UP YOUR ACT
SimplyRecycle.ca

MMSM
Multi-Material
Stewardship Manitoba
Industry funding recycling

LAW ENFORCEMENT

Serving Winnipeg for more than 12 Years

CLASSES START SOON
CALL TO REGISTER TODAY!

A CAREER IN LAW ENFORCEMENT

- \$70,000 Earning Potential
- A Challenging and Exciting Career
- Early Retirement! Great Benefits!
- 7 Month Program
- Skilled Instructors and Career Guidance

NORTHWEST LAW ENFORCEMENT ACADEMY
"We learned from the Best"

200-1821 Wellington Ave • (204) 953.8300 • northwestlaw.ca
Major Police Agencies From Across Canada Send Recruiters to Northwest Every Year!

SHAMING THE COUCH CRITICS

The way I see it, our culture is separated into two groups: Those who do, and those who watch. While most of us would rather be 'doing' even half of the things we're 'watching,' it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgement, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every



JUST SAYIN'
Mike Benhaim
Guest columnist

brief foray into an episode of Keeping Up With The Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extra-marital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters,

you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served 'watching' what inspires our highest 'doing,' and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art



JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint



"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8

hours is how long Stötter takes to complete each work of art using special breathable paint. Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

As cycling season is in full swing, so too is bike-theft season. In an effort to ensure that 'nooooooo' moment, when you realize your bike is gone, never happens, we've looked into digital tools to stash in your pannier to keep your ride safe.



MARCO GOMEZ

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting

hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.

Twitter

@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamartago: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?!) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winniepleggers@metronews.ca

Analysis



Hugh Jackman returns once again as Wolverine.

HANDOUT

What's old is new with Wolverine



IN
FOCUS
Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual aesthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.



The To Do List flips the script on the story of young people trying to lose their virginity. HANDOUT

Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, *The To Do List*, is putting a fresh take on an old theme — people losing their virginity



NED
EHRBAR
Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, *The To Do List*, offers far too many opportunities for oversharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

Considering the sexual frankness of the film, how awkward have the interviews gotten?

People keep trying to trick

Figuring it all out

"That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things."

Aubrey Plaza
Talking about her new movie *The To Do List*

me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was ... wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood always acts so surprised when a female-focused comedy does well?

Yeah, I feel that. I don't know why. There's just as many women as there are

guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think *The To Do List* would work in a contemporary setting?

I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens, but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring

things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch. Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.

Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.

2 SCENE



Lindsay Lohan.

ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes having one of those good news weeks



THE WORD

Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her highjinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks,



Calif. The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which

is an involuntary hospitalization for mental evaluation that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer has reportedly dropped Bynes as a client.

"He won't go to her anymore," the source says.

So, maybe this is more good news.



Penelope Cruz

Penelope Cruz's baby tries to upstage the royals

Kate Middleton wasn't the only famous woman having a baby Monday, as Penelope Cruz reportedly welcomed her second child with husband Javier Bardem, according to Hola.

ing to Hola.

Cruz reportedly gave birth to a baby girl at Madrid's Ruber Hospital. Cruz and Bardem also have a two-year-old son, Leonardo.



Sacha Baron Cohen

He will, he will, quit now

After years of planning and development, Sacha Baron Cohen has reportedly scrapped plans to portray Queen front-man Freddie Mercury on the big screen, exiting the film due to creative differences with the surviving members of Queen, according to Deadline. Cohen was reportedly hoping for an edgier portrayal of the late singer for the film, which was first announced in 2010, while the band members are leaning toward a more family-friendly, PG-rated account.



Kanye West

Kanye West receives support after fight with photographer

While Kanye West is being investigated by the LAPD in connection to his brawl with a paparazzo outside LAX over the weekend, he at least can count Kirstie Alley as an ardent supporter.

The Dancing with the

Stars alum tweeted out her support of Kanye West's actions.

"I love that Kanye went all whack on that a--hat paparazzi," she posted. "I applaud anyone who takes a swing at (them.)"

EMBRACE THE

DON'T F
AROUND &
MISS IT!



169 SHOWS FROM AROUND THE WORLD.
COMEDY, DRAMA, IMPROV, MUSICALS &
EVERYTHING IN BETWEEN!

ONLY 4 MORE DAYS!
TICKETS ONLY \$5-\$10

WINNIPEG
FRINGE
THEATRE
FESTIVAL
JULY 17-28

GENEROUSLY SUPPORTED BY
LIQUOR MARTS

PRESENTED BY
mtc
LIVE PERFORMANCES
ROYAL MANITOBA
THEATRE CENTRE

Countdown to Glasgow 2014

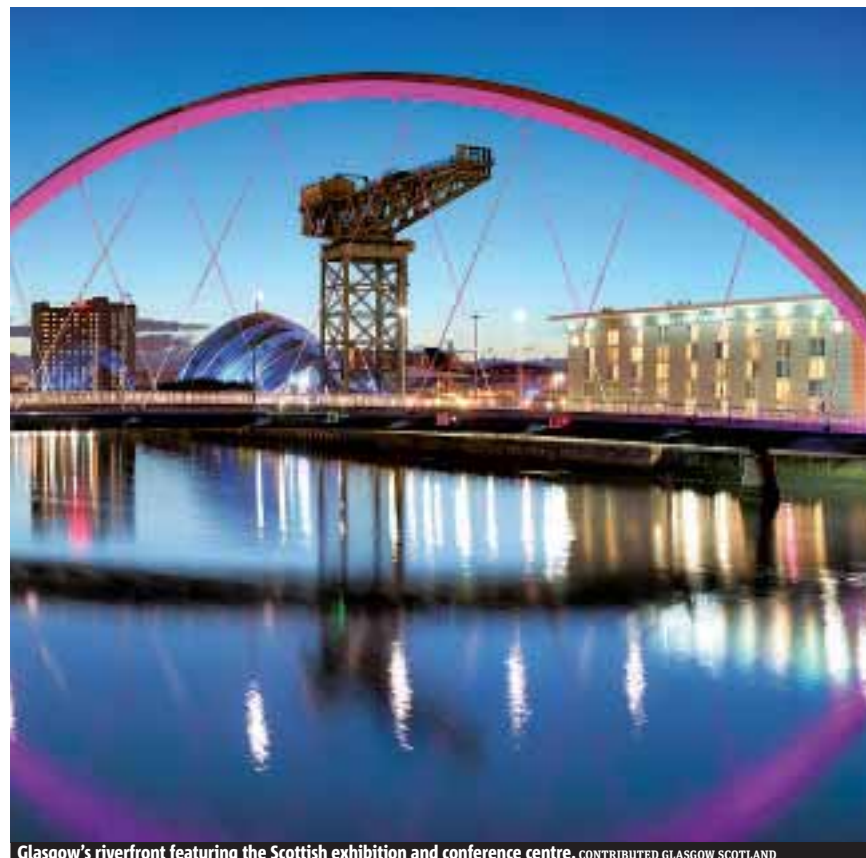
Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

KATHY
BUCKWORTH
life@metronews.ca

In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012, "But



Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

it was built for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for vol-

unteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as \$23.73, and at half price for children, with "babes in arms" (under

two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging.

The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with

If you go...

- Visit glasgow2014.com for tickets and information. For information on accommodations and on the city of Glasgow and its wide choice of tourist attractions, visit seeglasgow.com.

young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen.

The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).

Summer

Last minute family fun



ON THE
MOVE
Loren Christie
life@metronews.ca

Still hoping to squeeze in a vacation with the kids this summer? Consider a quick getaway to some of these classic family fun destinations.

Situated on the Passamaquoddy Bay, St. Andrew's-by-the-Sea, N.B., is an historic town offering numerous ways

to fill your days. Consider going on a whale watching tour, getting suited up in a tailor-made bike kilt and touring the area with Kurt Gumushel's Off Kilter Biking Tours or snack on a lobster roll as you watch the world's highest tides from the patio of a waterside cafe. The landmark Algonquin Hotel has just re-opened its main building and grounds including swimming pool, tennis courts and golf course, after a year of massive renovations.

Blue Mountain resort area near Collingwood, Ont., is a bustling and quaint Tyrolean style village full of shops,

restaurants and attractions. In addition to more traditional pastimes like golfing and mountain hikes, you can go caving in the Scenic Caves, sign up for a Segway tour, ride the Ridge Runner Mountain coaster or take advantage of the resort's newest offering, The Thunderbird Twin Zip; an 800-metre twin zip line that will take you from the top of the escarpment to the valley below.

Banff is promoting more classic offerings like hiking, biking and rafting this summer. Due to the town's location within Banff National



Take in scenery in St. Andrew's-by-the-Sea, N.B. ISTOCK

Park, you can connect with spectacular mountain wilderness. Hikes up Tunnel Mountain, in Johnston Canyon and to the Lake Agnes Teahouse in Lake Louise are suitable for many ages and abilities. Scenic roadways and trails for those who prefer to explore

on two wheels include The Legacy Trail between Banff and Canmore or simply explore the paths along the Bow River. If you prefer to be on the water, I loved the float trip down the Bow River with Banff Rocky Mountain Raft Tours.

3
HOURS

Veggies take centre stage on the grill

Roasted Garlic

1. Heat grill to medium, with one side prepped for indirect heat.

2. Remove outer layer of papery skin from garlic. Slice off top 1/2 inch from pointed

Ingredients

Roasted garlic

- 1 head garlic
- 2 tsp olive oil

Sandwiches

- 2 each red and yellow bell peppers
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil, plus more for the rolls
- 1 tsp dried rosemary
- Kosher salt and black pepper
- 6 large portobello mushrooms, stems removed
- 1 medium zucchini, cut into 6 long strips
- 6 kaiser or onion rolls
- Head of roasted garlic
- 1/2 cup mayonnaise
- 1 bunch fresh basil, leaves only
- 1/2 lb chunk Parmigiano-Reggiano cheese, thinly sliced with a vegetable peeler

top of garlic head. Set garlic, cut side up, on large square of foil. Drizzle with the olive oil, then wrap foil up and over the garlic to form a loose packet.

3. Set garlic over cooler side of the grill and cook 40 minutes, or until the cloves are golden-brown and soft. Remove from the grill and let cool. To remove the cloves, simply squeeze the entire head (or each clove) and the cloves should pop out of their skins. Set aside until ready to make garlic mayo.

Sandwiches

1. Prepare and heat a gas or charcoal grill for high heat, direct grilling.

2. Place red and yellow bell peppers on grill grate and cook, turning frequently, until skin is charred all over, about 5 minutes per side. Use tongs to remove peppers from grill and place in a large bowl. Cover the bowl tightly with plastic wrap. Set aside for 30 minutes. After 30 minutes, the skins should slip easily off the peppers. Slice them open, remove the seeds, then cut into large strips.

3. In bowl, mix vinegar, olive oil, rosemary and a bit each of salt and pepper. Add pepper strips, turning to coat, and set aside to marinate for at least 30 minutes.

4. When ready to grill, return the grill to high heat.

5. Set the mushrooms and zucchini in a large bowl. Pour the marinade off the peppers and onto the zucchini and mushrooms, tossing them lightly to coat well.

6. Grill the mushrooms, gill side up, for 8 to 10 minutes, then flip and grill for another minute, or until completely tender. Grill the zucchini slices for 3 minutes per side.

7. Split rolls in half. Brush the cut sides lightly with oil. Place cut side down on grill for 2 to 3 minutes, or until golden brown.

8. Meanwhile, in a small bowl, mix together the garlic and mayonnaise until smooth. When the rolls are toasted, assemble the sandwiches by spreading both sides with garlic

Grilled Veggie Sandwich with Roasted Garlic Mayo



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

mayonnaise, then layering on the mushrooms, zucchini, peppers, basil leaves and cheese. Season with salt and pepper,

if desired. THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

RECIPE AND PHOTO COURTESY OF HENNESSY



Dinner. Rotini with Pesto

1. Bring a large pot of water to a boil. Cook pasta according to package directions.

2. While pasta is cooking, in a large skillet, sauté tomatoes in 1 tablespoon olive oil.

3. Combine all dry ingredients, including garlic, in

blender. Pulse for 10 seconds or until finely chopped.

4. Drizzle in remaining olive oil and a few ice cubes slowly to create the pesto. Place pesto in bowl and add 1/2 cup pasta cooking liquid. Drain pasta and toss with pesto and tomatoes. Top with shredded

Ingredients

- 1 pkg Barilla PLUS rotini
- 4 plum tomatoes, diced
- 2 tbsp, plus extra virgin olive oil
- 1 clove garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 6 leaves basil
- 1 tbsp parsley
- 3 sprigs thyme
- 1/4 cup walnuts
- Few ice cubes
- 1/4 cup skim or nonfat ricotta salata, shredded
- Salt and black pepper

cheese. Season with salt and pepper. NEWS CANADA/ BARILLA.CA



Everyday Recycling

simplyrecycle.ca



Give me a break and I'll mind my own business

You can't have one without the other. Why taking a vacation is just as important as taking that next call

MEGHAN GREAVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is

feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vaca-

tion deprivation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

"Finding work-life balance is especially difficult for students and new grads as they're used to having irregular schedules," Beuermann-King explains. "What do we see most of when life is out of balance or we've been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems."

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life balance, Beuermann-King says, is to talk with your employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get



Knowing what you need out of a vacation is key to re-energizing. Whether you need relaxation, fun, adventure, entertainment or leisure, plan your vacation to meet your needs. ISTOCK

Sun, sand and sanity

Here are just some of the ways that vacation deprivation can negatively affect a new grad personally and professionally:

- Decrease in creativity and productivity
- Becoming short-tempered
- Finding yourself dozing off in the middle of the afternoon
- Drop in drive, passion, enthusiasm and love of your job

Your thoughts?

@TalentEgg: #QuestionoftheDay: What do you do to get yourself back into work-mode if you hit an energy slump?

- @MarinighPR: I take a break, go for a walk, go get something to eat, then come back to it!
- @kristieleanne_: a playlist optimized for workflow is always key for me! Cue @Songza or @8tracks
- @mrooolf: Water, fruit,

and a little pump up music always does the trick!

- @rosieehales: Try working on something different for a bit or get some fresh air! If all else fails then I hit the coffee. #QuestionoftheDay
- @janet_ha: Create a work routine that gets you back into the groove. Whether it's the same seat, same work playlist or other ritual.



feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

grads

Vacation deprivation is when you're not using all of your vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes the younger generation is

Vacation deprivation and new

Winnipeg's top employers need you. Become an Internet Marketing Specialist.

Why Robertson?

- ✓ Attain industry recognized marketing certifications.
- ✓ Benefit from Robertson's extensive employer network.
- ✓ Morning classes.

New program. Classes start September.

ROBERTSON COLLEGE Get more information at www.robertsoncollege.com or call 204.800.7933

Take control of your future

Unemployed? Receiving or eligible for EI Benefits? Or had a claim for regular benefits in the past 3 years, maternity or parental in the past 5 years. Dream of Being Your Own Boss?

The YMCA-YWCA Self Employment Program offers training, mentoring and financial support to help you make your dream come true.

YMCA-YWCA of Winnipeg

For more information or to determine your eligibility, call 204-989-5860 today!

www.ywinnipeg.ca

Building healthy communities

Funding provided by: The Government of Canada The Manitoba Government

Players rub salt on Braun's 'black eye'

MLB. Colleagues not jumping up to defend former NL MVP

Protective no more, baseball players are downright disgusted these days with doping.

Now they are demanding even stiffer suspensions for those caught cheating.

"It's a new generation of athletes that are standing up," Travis Tygart, chief executive of the U.S. Anti-Doping Agency, said Tuesday. "The culture's been flipped on its head."

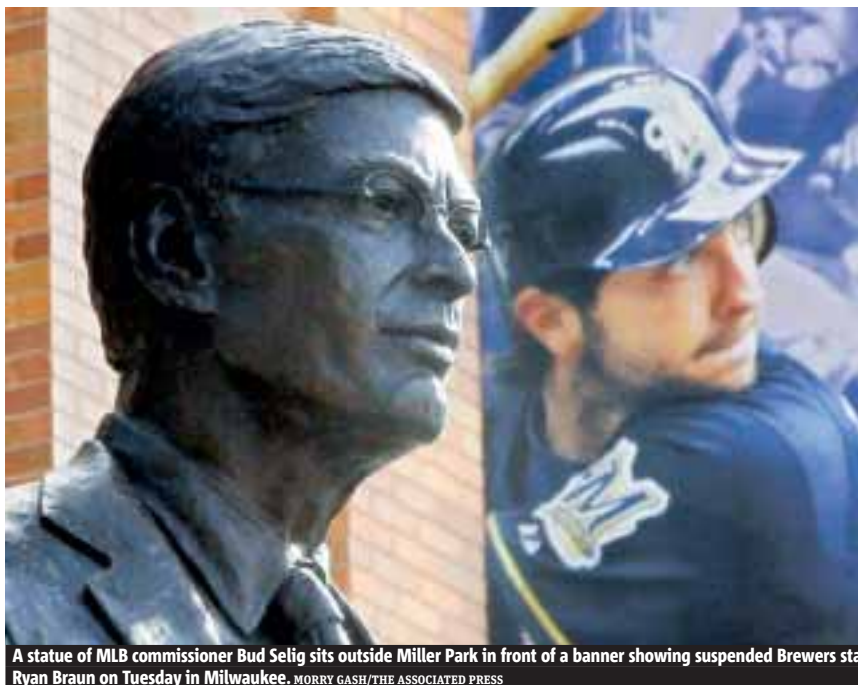
When Ryan Braun accepted a season-ending 65-game suspension Monday rather than fight Major League Baseball over evidence he used performance-enhancing drugs, fellow players appeared tired of those who cast shadows on the sport.

"They're lying to the fans," Los Angeles Angels pitcher C.J. Wilson said. "They're lying to their teammates. They're lying to their GMs, their owners, and they're going to get caught."

Skip Schumaker of the Los Angeles Dodgers said Braun let him down.

"Watching him talk right now makes me sick," Schumaker said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

Matt Kemp of the Dodgers, who finished second to Braun in the 2011 NL MVP vote, said the Milwaukee slugger should be stripped of the honour.



A statue of MLB commissioner Bud Selig sits outside Miller Park in front of a banner showing suspended Brewers star Ryan Braun on Tuesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

A-Rod not out of the woods

New York Yankee Alex Rodriguez could face a much harsher penalty, a person familiar with the case said, speaking on condition of anonymity.

- The Yankees anticipate Rodriguez could be accused of using PEDs over multiple seasons, of recruiting other

athletes for the clinic, of attempting to obstruct MLB's investigation, and of not being truthful in the past when discussing his relationship with Dr. Anthony Galea, who pleaded guilty two years ago to a U.S. federal charge of bringing unapproved drugs from Canada into the U.S.

"We had conversations, and I considered him a friend," Kemp said. "I don't think any-

body likes to be lied to, and I feel like a lot of people have felt, betrayed."

One strike, you're out

"In my opinion, he should be suspended — lifetime ban."

L.A. Dodgers outfielder Skip Schumaker, on Ryan Braun.

Yankees manager Joe Girardi said Braun was guilty.

"You don't accept a deal unless you're guilty," he said.

"It's another black eye for our game... There's been a lot of scandals over the years, but you get tired of it," Girardi added.

THE ASSOCIATED PRESS

NHL

Jets keep forward O'Dell in system

The Winnipeg Jets agreed to terms with forward Eric O'Dell on a new one-year, two-way contract Tuesday worth \$600,000 US at the NHL level.

O'Dell, 23, had 29 goals and 26 assists in 59 games with the AHL's St. John's IceCaps last season.

The native of Ottawa was originally selected by the Anaheim Ducks in the second round, 39th overall, in the 2008 NHL draft. THE CANADIAN PRESS

Baseball

Goldeyes start push for playoffs with win over Sioux Falls

Crunch time is approaching for the Winnipeg Goldeyes with 40 games remaining in their 100-game regular season.

Currently sitting 7.5 games back in third place in the American Association North Division at an even .500, the Fish need to string together some wins to make a drive for the playoffs and push for a consecutive AA title. And a three-game home set against the division basement dwellers may be just what the Goldeyes need to spark an optimistic late-season trend.

In front of 6,147 on Tuesday night at Shaw Park, the Fish came back to beat the Sioux Falls Canaries 6-4. Following a three-run top of the first for the Birds, Winnipeg rallied by keeping the pitching and defence tight from the third inning on and getting the offence rolling when they needed it late.

Goldeyes starter Matt Rusch went seven complete, allowing all four Sioux Falls runs in the first two innings, but reliever Brendan Lafferty earned the victory, his second of the season (2-1) with a 1-2-3 eighth and a pair of strikeouts.

In the bottom of the eighth, Amos Ramon drove in the game-winning run as his two-run double went off the glove of diving Canaries outfielder Nate Baumann's glove as he lunched to stop the bleeding.

Winnipeg continues their 11-game homestand Wednesday night.

DARRIN BAUMING/FOR METRO

Riders reap rewards of 4-0 start



Darian Durant won offensive player of the week honours on Tuesday. GETTY IMAGES

Quarterback Darian Durant was named the CFL's offensive player of the week after guiding the unbeaten Saskatchewan Roughriders to their fourth straight win.

Durant had 347 yards passing and four TDs in Saskatchewan's lopsided 37-0 home win over Hamilton on Sunday. The victory left the Roughriders (4-0) as the CFL's only unbeaten squad.

Riders linebacker Renauld Williams was named the top defensive player after recording two sacks and three

tackles against Hamilton. Williams, a former Ticat, leads the Riders in sacks with five.

Saskatchewan receiver Rob Bagg captured top Canadian honours. The native of Kingston, Ont., had five catches for 125 yards and two touchdowns versus Hamilton.

Calgary Stampeders kicker Rene Paredes is the top special-teams player for the second straight week. Paredes hit four field goals in a 38-27 win over Montreal and has made 37 straight attempts.

THE CANADIAN PRESS

The 2014 Dodge Durango



ALL PHOTOS WHEELBASEMEDIA.COM

2014 Dodge Durango

- **Type.** Four-door, all-wheel-drive full-size sport utility vehicle
- **Engines (hp).** 3.6-litre DOHC V6 (290); 5.7-litre OHV V8 (360)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination)** \$41,800



The dash comes with Uconnect.

Interior & Technology

The new Limited receives a “limited” amount of gear destined for the Citadel, such as leather-covered seats (heated in front), heated steering wheel and an 8.4-inch (21-centimetre) screen for the Durango’s “Uconnect” infotainment and mobile communications system.

Fuel economy

Without releasing specific numbers, Dodge claims that the new transmission will help increase the Durango’s overall fuel economy by about nine per cent, which should translate into a modest improvement for the V6’s current 13 l/100 km city rating and 8.8 highway, and the V8’s 16.6/10 numbers.

Design

Dodge’s stylists have tinkered with the vehicle’s front and rear shape. There’s a slimmer “split-hair” grille with a mesh-like backdrop and an enlarged lower air intake (also featuring the mesh effect).

Review. Part Jeep, part Dodge, all family

MALCOLM GUNN
wheelbasemedia.com

It might seem like a stretch, pardon the pun, but if you’re looking for more passenger room than a Jeep Grand Cherokee has, you’ll be looking for a Dodge.

The related Dodge Durango for 2014 actually uses the Jeep Grand Cherokee’s bones, but finds room to fit up to seven passengers versus the Jeep’s five. We told you it was a stretch. Actually, it’s a rubber-band-like 13-centimetre stretch between the front and rear wheels with 25 extra centimetres added between the front and rear bumpers. That’s enough to squeeze in three rows of seats with space left over to tote a decent amount of groceries, sports equipment, luggage or what-have-you.

The long-serving Durango was introduced for the 1998 model year as a truck-based

sport-utility vehicle with body-on-frame construction, but the vehicle switched to a unitized (frameless) design for 2011. At that point, Durango sales ballooned as buyers began to embrace the vehicle for its exemplary cargo and passenger-toting capabilities. The 2014 edition that arrives this fall is more of an update than a full-on makeover, but the changes are still significant.

In back, there are new tail light pods containing light-emitting diode (LED) running lights along with Dodge’s signature “racetrack” tail light system at the rear where an additional 192 LEDs fire up in milliseconds to keep inattentive tailgaters at bay.

Inside, there’s a new three-spoke steering wheel and the instrument cluster has been reworked to accommodate the standard five-inch touch-screen info centre. Among the new options, second-row high-back bucket seats with an available full centre console can be ordered on all trim levels.

The Durango’s engine compartment is familiar, with



The 2014 Dodge Durango can carry more people than the Grand Cherokee.

both the base 290-horsepower 3.6-litre V6 and the optional 360-horsepower 5.7-litre “Hemi” V8 returning for duty.

All-wheel-drive remains standard, but the drive system you get depends on engine choice. The V6 uses a permanently engaged system that automatically varies the torque between the front and rear wheels, depending on where it’s needed. The AWD V8 comes with a part-time unit with a two-speed transfer case for those times when maximum torque is needed, such as when off-roading or heading up an

extra-steep hill.

The V6 is standard in the base SXT, R/T, new-for-2014 Limited and range-topping Citadel models (both rear and all-wheel-drive). The V8 is optional for the Limited and Citadel, but standard in the R/T.

Regardless of trim level, the Durango continues to deliver a level of ruggedness, interior capacity and outright performance swagger that few \$40,000 to \$50,000 sport utility vehicles can match at any price. And in terms of passenger count, it even outdoes the Grand Cherokee.

Compare



1 Honda Pilot
Base price: \$36,600



2 Ford Explorer
Base price: \$31,700



3 Mazda CX-9
Base price: \$35,900

5 DRIVE

One of these things is not like the others

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut



AUTO PILOT
Mike Goetz
drive@metronews.ca

If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire Motorsport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was



The DeltaWing's extreme aerodynamics are courtesy of its rocket-like stylings. BOTH PHOTOS RICK DOLE



Bird's eye view of DeltaWing.

a shame, because the first of its co-drivers, Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat

corners. The DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer

(1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine.

For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbo-charged four-cylinder 1.9-litre engine producing about 350 horsepower. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-03, is powered by a Honda Racing 3.4-litre V8, mak-

ing close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out?

"It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to give you much cornering bite, but you'd be wrong.

Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straight-away."

Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meyrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick.

So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes Meyrick: "The numbers speak for themselves and the fans love it."

Fix your car by phone? One day, there may be an app for that

Driving force.

Automakers putting safety first as they try to fully merge technology into the driving experience

JILL MCINTOSH
drive@metronews.ca

As people become increasingly connected through their smartphones, automakers are working to ensure that their vehicles are part of the process.

While Bluetooth phone pairing is now commonplace in cars, and some vehicles can access information and applications from drivers' smartphones, there will be much more integration in the future, according to Tim Reuss, president and CEO of Mercedes-Benz Canada.

Eyes on the road

"They expect the seamless experience in the car that they get from their device. But as we figure this out, it all has to be safe, so you're not driving down a German autobahn at 240 km/h while updating your Facebook."

Tim Reuss, president and CEO of Mercedes-Benz Canada.

Mercedes-Benz Canada.

"People don't want their virtual lives interrupted when they're in a car," Reuss says. "They expect the seamless experience in the car that they get from their device. But as we figure this out, it all has to be safe, so you're not driving down a German autobahn at

240 km/h while updating your Facebook."

The automaker is working with BlackBerry and other companies to develop connectivity technologies, which could include wireless systems built into the car, or applications that the car accesses through the owner's phone network. The greatest challenge is development time. An entirely new or redesigned car model can take as long as seven years to engineer and develop from start to finish, while new connectivity software could be ready in just months.

In effect, carmakers have to plan their vehicle designs to accommodate technologies that haven't yet been developed, because current software and devices could be outdated or even obsolete by the time the car is ready for the showroom. "We need interaction with companies like BlackBerry and others to figure this out as we go forward," Reuss says.



In-vehicle technology (like above) is becoming more and more advanced by the day. In the future, cars such as Mercedes-Benz could update their systems via wireless communications. PROVIDED

Facts

• **Futuristic.** In Europe, Mercedes-Benz trucks can be equipped with a system that monitors and diagnoses the vehicles and sends the information to the fleet owner or manager.

• **Smart charge.** Electric cars use smartphone applications that

allow owners to remotely check on how much battery power is left, and to start or stop the charging process.

• **Safety first.** Automakers have to consider safety above all, and must develop programs that provide information with minimal driver distraction.

"There are ways to do it, and not everything needs to be in the car. We need the interface."

In the future, the auto-

maker might be able to contact the car through the system if the customer authorized it, performing such wireless func-

tions as updating the navigation map, advising that maintenance is due, or warning if the kilometres are getting high on a leased vehicle and a new plan should be negotiated.

Beyond that, cars could send diagnostic information to the dealership and have their computers wirelessly "flashed," or updated, to solve minor issues or improve performance. "It isn't just a one-way street," Reuss says. "It won't happen today, but imagine the vision down the road where these features could happen with the connectivity."

EMPLOYEE PRICING

Sarah M. and her uncle Tony R.
Ford Employee Ford Retiree

Bill H. and his son Greg H.
Ford Retiree Ford Employee

WE'VE ALWAYS SHARED OUR PASSION.
NOW WE'RE SHARING OUR PRICE.[†]

\$14,000*

IN TOTAL PRICE ADJUSTMENTS
On most new 2013 models
(F-150 SuperCrew Platinum 4x4 5.0L amount shown)


**PAYLOAD
POWER[‡]
TOWING[‡]**

Titanium model shown

2013 FOCUS S

5.5L/100km 51MPG HWY**

Employee Price Adjustment /// \$620

Delivery Allowance	///	\$250
---------------------------	-----	-------

Total Price Adjustments ///	\$870
------------------------------------	-------

SHARE OUR
EMPLOYEE
PRICE

\$16,779*

OR OWN FOR ONLY _____

\$99[^]@1.99% PURCHASE
FINANCING FOR
84 MONTHS

NOW WITH \$0 DOWN | OFFERS INCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 160hp 2.0L I-4 Engine /// Air Conditioning
/// Remote Keyless Entry System **AND MUCH MORE.**



Titanium model shown

2013 ESCAPE SE

6.0L/100km 47MPG HWY**

Total Price Adjustments /// \$2019

SHARE CLUB

SHARE OUR
EMPLOYEE **\$24,880***

PRICE ————— \$3.00

OR LEASE AN ESCAPE SE AWD 2.0L FOR ONLY

\$299^{*}@0% FOR 36 MONTHS
APR

WITH \$750 DOWN | OFFERS EXCLUDE
FREIGHT AND AIR TAX

WELL EQUIPPED WITH: MyFord® with 4" Colour Display
/// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**



Platinum model shown

2013 F-150 XLT

10.6L/100km 27MPG HWY**

Employee Price Adjustment /// \$4,423

Delivery Allowance	///	\$7250
--------------------	-----	--------

Total Price Adjustments ///	\$11,673
------------------------------------	----------

SHARE OUR
EMPLOYEE
PRICE

OR LEASE FOR ONLY _____

\$335^{*}@0.99%_{APR} FOR 24 MONTHS

WITH \$1,500 DOWN | OFFERS EXCLUDE
FREIGHT AND AIR TAX

WELL EQUIPPED WITH: 17" Machined Aluminum Wheels
/// AdvanceTrac® with RSC® /// Trailer Sway Control
AND MUCH MORE.



Go Further
| prairieford.ca

SiriusXM
Available in most new
Ford vehicles with
6-month pre-paid
subscription



THE 2013 SUBARU IMPREZA

Meet the car that defines the term compact sedan. And then redefines it.



Confidence in Motion

With 240 litres of cargo room, IIHS top safety ratings, and symmetrical full-time All-Wheel Drive, the Impreza redefines the compact sedan. In fact, it creates its own new category.



Staying Connected

Bluetooth® mobile phone connectivity is standard on all Impreza models. All models also have a MediaHub with Bluetooth® streaming audio, allowing connection to an iPod® or USB.



SUBARU BOXER Engine

2.0L, horizontally opposed 4-cylinder engine producing 148 hp; choice of manual or optional Lineartronic® CVT automatic transmission.



2013 IMPREZA

WELL EQUIPPED FROM **\$19,995***

SYMMETRICAL AWD

AVAILABLE AS A 4-DOOR SEDAN OR 5-DOOR HATCHBACK

subaru.ca

Fuel consumption figure rating posted by Natural Resources Canada of 5.3 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. *Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of \$19,995 on 2013 Impreza 2.0i 4-door (DIT 1.8L). MSRP excludes freight & PDI of \$1,595. Taxes, license, registration and insurance are extra. \$0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DIT 1.8L) with an MSRP of \$26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.



2537 PEMBINA HWY.
204-944-6604
frontiersubaru.com

BIG SAVINGS AT SUBARU!

2009 Subaru Impreza AWD



Local lease return, MT, Air, PW, PL, Low Kms
stk# 92740

ENJOY FOR **\$12,999**

2010 Subaru WRX 265 AWD



Now this is fun. 265hp of energy and adrenaline. Factory warranty. 7 others available.
stk# 92770

ENJOY FOR **\$25,261**

2010 Subaru Impreza AWD



Auto air pw pl, Low kms
Stk#92670

ENJOY FOR **\$14,928**

2011 Mazda 3 Sport



Lots of factory , Only 19,000kms Stk# 13261a

ENJOY FOR **\$15,939**

2011 Subaru Legacy AWD



LBoxer engine with a CVT transmission. Amazing fuel mileage, Only 15,000kms
Stk# 13268a

ENJOY FOR **\$19,888**

2012 Toyota Rav4 V6 Sport



Only 4,000kms. Fully loaded with over \$1200 in Accessories. Stk# 14012a

ENJOY FOR **\$27,248**

2012 Ford Escape Ltd AWD



Fully loaded with leather, Navigation system and remote start. Only 12,000kms, Stk# 14067a

ENJOY FOR **\$27,288**

Horoscopes

Aries

March 21 - April 20

Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

Taurus

April 21 - May 21

As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

Gemini

May 22 - June 21

Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

Cancer

June 22 - July 23

There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

Leo

July 24 - Aug. 23

Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

Virgo

Aug. 24 - Sept. 23

You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

Libra

Sept. 24 - Oct. 23

If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

Scorpio

Oct. 24 - Nov. 22

If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

Sagittarius

Nov. 23 - Dec. 21

Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

Capricorn

Dec. 22 - Jan. 20

You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

Aquarius

Jan. 21 - Feb. 19

Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

Pisces

Feb. 20 - March 20

You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Golden sunburst beams
- Commissioner Gordon's force in comics [acronym]
- Green hue
- "I had no ___" (Really?)
- Mixture
- 5-shaped moulding
- Period of calmness
- Was a bee, used its pain-inflicter
- River of Russia
- M's spelled-out prelude
- Friend: French
- Actress Gail
- TSX company identifiers: 2 wds.
- Problems
- Fuss
- Eating-spot-with-trays, for short
- Eucharist bread plate
- Poet of ancient Greece
- Whoopi Goldberg's Oscar-winning role, ___ Mae Brown
- Movie poison
- More concise
- ___-Mex (Cuisine style)
- Zodiac creatures
- Bid
- ___ Lanka
- Actress Ms. Hudson
- Bigger than big



- Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
- Sound system sort
- Midweek day, for short
- Street surfacing
- Psychedelic light, ___ lamp
- Eggs: French

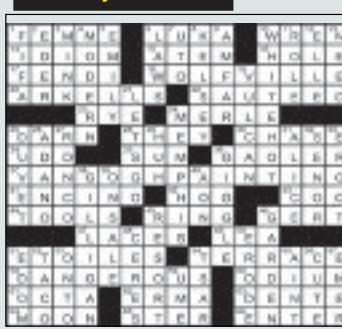
Down

- Gets to
- Music genre, ___ Contemporary
- Joni Mitchell song: "Big ___"
- Mr. Mineo
- George Harrison hit: "___ Mind Set on You"
- ___-fame

- Debit card holder's li'l code
- Well-intentioned sort
- Days: French
- Taj Mahal's site
- Exhausted
- Moray-like
- Back talk
- Canada, ___ and Free

- Filmmakers Joel and Ethan, ___ Brothers
- T-Bird member in "Grease" (1978)
- Exploding devices
- Mike Myers SNL sketch, "___ with Linda Richman"
- 'Chick' suffix
- Jamie of "M*A*S*H"
- Takes for agents, for short
- Sure-saying sailor
- Moor shrub
- RCD = Royal Canadian ___
- Alphabetic sequence
- Scandinavia-set epic tale
- Palm places, puny-ly
- Kraft, Aero or Tide, etc.
- Look up
- Bird of Jove
- The Canadian ___ (News agency)
- Concrete chunk
- Gentle
- Balanced
- Shuffled up vowels
- "Norma ___" (1979)

Yesterday's Crossword

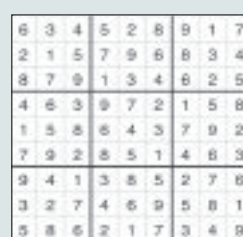


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 24°
MIN: 13°



MAX: 23°
MIN: 10°



MAX: 22°
MIN: 12°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



**LOOKING FOR A NEW CAREER?
WE CAN HELP!**

**Call Today and Start Right Away
New Career in Under A Year!
Call for a FREE Consultation!**

Academy of Learning College

South 297 St Mary's Rd 478-8884
North 77 Redwood Ave 582-9400

Squeaky Clean

CLEAN UP YOUR ACT SimplyRecycle.ca

NOW MORE MEN & BIGGER PACKAGES

FREE TRIAL

CruiseLine

204.947.6725

Other cities: 1.877.882.2010
1.900.561.8888 (75 min/\$25)
Text "CRUISE" to 96669 (10 min/\$5)

www.cruiseline.ca

TAYA!CHAT NORTH AMERICA'S FIRST PANSEXUAL CHAT LINE!
CALL 1 866 292 8293

ENDS JULY 31ST



CELEBRATE WITH US.
*Vehicles packed with features
 at the price you want.*

0%⁺ FINANCING FOR UP TO **96 MONTHS** OR **\$10,000⁺** GET UP TO **\$10,000** IN PRICE ADJUSTMENTS⁹ ON SELECT MODELS



**2012 BEST NEW DESIGN
 2012 BEST NEW SPORTS/
 PERFORMANCE CAR (UNDER \$50K)**



HWY: 5.3L/100 KM
 CITY: 7.5L/100 KM*

2013 VELOSTER

SELLING PRICE: \$20,730* VELOSTER 6-SPEED MANUAL.
 \$600 PRICE ADJUSTMENT⁹, FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

OWN IT FOR **\$99** BI-WEEKLY
 WITH **0%⁺** FINANCING FOR 96 MONTHS
 INCLUDES **\$600** IN PRICE ADJUSTMENTS⁹
NO MONEY DOWN

WELL EQUIPPED:

- AIR CONDITIONING
- 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA
- REAR PARKING ASSIST SYSTEM
- HEATED FRONT SEATS
- 3RD DOOR FOR PASSENGER ACCESS
- SIRIUS XM[™] RADIO WITH BLUETOOTH[®] HANDS FREE PHONE SYSTEM



WELL EQUIPPED:

- 274 HP*
- 2.0T I4 CVT DOHC ENGINE
- AIR CONDITIONING W/AUTOMATIC CLIMATE CONTROL
- 18" ALLOY WHEELS
- IPOD[®]/USB/AUXILIARY INPUT
- SIRIUS XM[™] RADIO WITH BLUETOOTH[®] HANDS FREE PHONE SYSTEM



2013 GENESIS COUPE

SELLING PRICE: \$28,200* GENESIS COUPE 2.0T 6-SPEED MANUAL.
 FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

OWN IT FOR **\$135** BI-WEEKLY
 WITH **0%⁺** FINANCING FOR 96 MONTHS
NO MONEY DOWN

HWY: 6.6L/100 KM
 CITY: 10.0L/100 KM*



3.8L GT model shown



**2013 CANADIAN UTILITY
 VEHICLE OF THE YEAR**



HWY: 6.7L/100 KM
 CITY: 10.1L/100 KM*

2013 SANTA FE 2.4L FWD

SELLING PRICE: \$27,895* SANTA FE 2.4L FWD AUTO.
 \$500 PRICE ADJUSTMENT⁹, FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

OWN IT FOR **\$145** BI-WEEKLY
 WITH **1.99%⁺** FINANCING FOR 96 MONTHS
 INCLUDES **\$500** IN PRICE ADJUSTMENTS⁹
NO MONEY DOWN

WELL EQUIPPED:

- AIR CONDITIONING
- 7 AIRBAGS
- SIRIUS XM[™] RADIO WITH BLUETOOTH[®] HANDS FREE PHONE SYSTEM
- VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM
- HEATED FRONT SEATS
- FOG LIGHTS
- ACTIVE ECO SYSTEM



**5 YEAR
 WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty**
 5-year/100,000 km Powertrain Warranty
 5-year/100,000 km Emission Warranty

HYUNDAI NEW THINKING. NEW POSSIBILITIES.[™]
 HyundaiCanada.com

*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Veloster 6-Speed Manual / Genesis Coupe 2.0T 6-Speed Manual/ Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/1.99% for 96 months. Bi-weekly payments are \$99/\$135/\$145. No down payment required. Cost of Borrowing is \$0/\$0/\$2,303. Finance offers include Delivery and Destination of \$1,495/\$1,565/\$1,760 fees, levies, and all applicable charges (excluding GST/PST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Veloster 6-Speed Manual for \$20,730 (includes \$600 price adjustment) at 0% per annum equals \$99 bi-weekly for 96 months for a total obligation of \$20,730. Cash price is \$20,730. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,495 fees, levies, and all applicable charges (excluding GST/PST). Finance Offers exclude registration, insurance, PPSA and license fees. *Fuel consumption for 2013 Veloster 6-Speed Manual (HWY 5.3L/100KM; City 7.5L/100KM)/Genesis Coupe 2.0T 6-Speed Manual (HWY 6.6L/100KM; City 10.0L/100KM)/Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. •Price of models shown: 2013 Veloster Tech 6-Speed Manual/Genesis Coupe 3.8L GT 6-Speed Manual/ Santa Fe 2.0T Limited AWD is \$24,830/\$38,700/\$40,395. Prices include Delivery and Destination charges of \$1,495/\$1,565/\$1,760, fees, levies, and all applicable charges (excluding GST/PST). Finance Offers exclude registration, insurance, PPSA and license fees. †Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$600/\$500 available on 2013 Veloster 6-Speed Manual/ Santa Fe 2.4L FWD Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. *Using Premium fuel. †Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Focus Hyundai
 1066 Nairn Ave.
 Winnipeg, 204-663-3814
 or 1-800-545-4488
 Dealer Permit # 1383

Murray Hyundai
 1700 Waverly St.
 Winnipeg, 204-269-5555
 Dealer Permit # 4008

Winnipeg Hyundai
 3700 Portage Ave. W.
 Winnipeg, 204-774-5373
 Dealer Permit # 7639

Birchwood Hyundai
 2420 McPhillips Street.
 Winnipeg, MB, 204-633-2420
 Dealer Permit # 4423